Monarch Quick-Fit Program Weight Training Log

Exercise	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10
Adjustment	Sled:	Seat: Leg:	Seat: Leg: Quad	Leg:	Leg:	Seat: Chest:	Seat:	Seat:	Seat:	Seat:
2/24/05	100/12	35/10	50/11	75/12	50/12	50/12	45/12	45/12	60/12	40/12